## A NAP AFTER A MEAI

ONE OF THE BEST ITEMS IN THE LIST OF LIFE PRESERVERS.

an Aid to Good Health and More In Accord With Physiological Requirements Than Exercise.

The majority of people take a meal of me kind between the hours of 12 and 2 daily, says a physician. With a numer of persons this meal assumes the form of a substantial dinner, while with others it amounts to nothing more than a light luncheon. In either case, lowever, the repast requires to be digested, and this necessitates some modfication of the activities of the brain, ince neither that organ nor those conerned in the processes of digestion are apable of good work when an attempt made to put forth their energies simultaneously.

The exceedingly complex processes of digestion and assimilation whereby dead animal and vegetable matters are transformed into living human tissues demand for their rapid and sealthy performance an increased circulation of blood in the stomach and ancillary organs as well as a concentration of nervous energy in the same diminution in the others. Consequently une. the supply of blood to the brain is curtailed immediately after a meal has been eaten, and since the blood is the life the higher functions of that great organ are performed only with difficulty if at all.

A tendency to drowsiness, confusion of thought and inability to make any great mental effort are among the results of a diminished cerebral circulation. These feelings are, therefore, experienced by most persons after a meal, and they are the more pronounced in proportion to the greater amount of digestive energy expended.

Since brain work of good quality cannot be produced while the processes of digestion are in active operation it is wise not to attempt it. It is never prudent to thwart the beneficent intentions of nature. Many persons struggie against the mental and physical ethargy that accompany the earlier tages of the digestive act, apparently under the delusion that all time given to the important business of building up and repairing their tissues is time wasted. So far from this being the case, a well spent postprandial interval tends to the preservation and prolongation of life.

If a tendency to drowsiness is felt should be allowed to prevail, for the proverbial "forty winks" is justified by science. A ten or fifteen minntes' nap after a meal, curiously enough, will enable many a brain worker to arise refreshed who might have spent an hour or two in a vain and mentally confused struggle against the "drowsy god." A cup of tea or coffee about an hour after a light luncheon will facilitate and expedite the last stages of gastric digestion and se assist in the rapid re-establishment of mental vigor and clearness of mind.

There are some persons who instead of resting after luncheon or early dinner take some form of exercise, such as walking or cycling. If the meal has been at all substantial muscular exerse must tend to retard and weaken digestion by withdrawing a certain nodicum of nerve energy to the lower limbs and the centers which govern their movements and diminishing the circulation in the alimentary canal by increasing it in the legs and arms. Unless their digestive powers are very keen people who take active exercise after food find that the process of digestion is thereby only prolonged.

On many grounds rest after food is more in accordance with physiological requirements than exercise, and the afternoon nap, so scoffed at by the heedless, is a measure to be not only defended but recommended. It is a practice beneficial not only to digestion, but to many of the other functions of the body. Rest is the one thing needful in this restless age, and it is never so necessary as in the small bours of the afternoon.

Among the many generally unsusthe limits of health, the heart is obtain the more efficiently and er will it continue to carry on built. ork, for the heart is, with most a much overworked organ, and inlegence given it will be repaid times over.

er very important organ which a much needed rest during the n map is the eye. There is no why people should be constantwaste the powers of the orvision, the optic nerve and the field of vision. Even the and of "things seem" entalls an re of nerve energy, and an at of accommodation, wear of the exceedingly fine and cular mechanism and a corexhaustion of the nerve

cells constituting the visual centers of the brain, all of which must tend ultimately to curtail the period during which the visual sense should be at its best.-London Chronicle,

Postprandial Restful Doze Is Carpenter's Strokes to Drive a Nail. How many hammer strokes does a carpenter use in driving a nail?

Perhaps not one carpenter in a thousand or one layman in ten times that number can tell or ever think of it. The truth of the matter is this: The carpenter takes seven strokes in driving a nail into ordinary wood and twelve regular strokes and two finishing taps in driving nails into bard

These figures are furnished by a man who works at night and sleeps-or tries to sleep-by day and whose bedroom window opens out upon a flat building in course of erection. He figured the average number of hammer strokes for nine mornings and, having learned them, moved to a hotel until the new building is completed.

He discovered that the carpenter drives an average of three nalls a minute in soft wood and a fraction under three in hard wood. At this rate he would drive 1,440 nails a day in soft wood if he keeps up the gait steadily and 1,282 in bard wood. He would give region. Now, increase of circulation in 10,080 hammer strokes in soft wood one organ or set of organs entails a and 20,160 in hard wood .- Chicago Trib-

Popular Names Abroad.

Numerous as are the members of the Smith family, they do not occupy as prominent a place in European directories as they do in those of England or at home, though they take up much room in the Berlin directory, 5,000 Schmidts being registered. They have to give room, however, to the Schultzes and Mullers. In Brussels the Jansen family is the most numerously represented, while the greater space in the Paris directory is given over to the Martinets.

Morelli and Vitelli are the names most numerous in Naples, and here the Smiths sink into significance; but, like the word "hello," the name of Smith is heard around the world and is represented in practically every directory published, more than may be said of any other surname, whatever its nationality.

England's Round Tree.

The heart of England is a sturdy member that throbs responsive to every call of duty. That, indeed, is not common to England, but is a heritage of every land where the love of country is deep in the breast of man. But the real heart of England-Its & nct geographical center-is altogether another proposition. So far from being occupied by patriotic sentiment, a tree exactly fills the space. It is called Round Tree and is both a picturesque and distinguished growth. Cold stone might mark the spot, but this living monument which greens as the snow melts is much more fitting. This ancient oak typifies the national strength, and the associations attached to it thickly as leaves in midsummer make it a thing of affection and veneration.

False Dice.

The following passage explains the various methods of cheating at dice in the Elizabethan era so well that I transcribe it in full for the benefit of commentators on old plays, etc., says a correspondent of London Notes and Queries. "What false dise use they? as dise stopped up with quicksliver and beares, dise of vauntage, flattes, gourdes to chop and chaunge when they lyste, to lette the trew dise fall under the table, and so take up the false, and if they be true disc, what shyfte will they make to set ye one of them with slyding, with cogging, with foysting, with coytinge, as they call it."-Ascham's "Toxophilus," 1545.

Didn't Have to Pay Rent. This is said to be how William Waldorf Astor gave the order for the fine offices built for the Pall Mall Gasette: Mr. Astor was signing checks one morning and was informed that one of them was for office rest. He laid down his pen and remarked; "Well, I must pay taxes and other expe but I need not pay rent. If it pays anpected benefits conferred on the post other man to erect a building and rent idian sleeper rest of the heart and it to me, then it will pay me. How," nic circulation must be placed in turning to his right hand man, "make mt rank. Now, the more rest, arrangements for new offices. I de want to bear anything more about it for a year." And so the offices were

## Dying of Famine

Is, in its torments, like dying of consumption. The progress of consumption, from the beginning to the very end, is a long torture, both to victim and friends. "When I had consumption in ite first stage," writes Wm. Myers of Coarton, Md., "after trying difcenters of the brain itself by ferent medicines and a good doctor, in gazing at whatever trivial vain, I at last took Dr. King's New Dischance to present themselves covery, which quickly and perfectly cored me." Prompt relief and sure cure for coughs, colds, sore throat, broachitis, etc. Positively prevente posumonia. Guaranteed at all drug res. Price 80e and \$1 a bettle. Triel BUSINESS CARDS

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Time Table in effect April 9, 1905.

	No. 6. Daily Exc't Sunday	No. 4. Daily	No. 2. Daily.	STATIONS.	No. 1. Daily.	No. 3 Dail,	No. 5. Pally Size pt Sun
	TVAM	1.e P M	Lv A M	Fairfleid	Ar. PM	Ar PM	AP PM
	7 55	2 35		Irvine		1 07	6 00
	8 00	2 45		Dungarvan		1 00	5 55
	8 05	2 55	1.501.61.61	douchside	******	12 85	5 8C
۱	8 10	3 00	* * * * * * *	Hickman		12 50	5 45
1	8 80	3 30	434444	Lake Simonton		12 45 12 80	5 80
	8 88	3 40	******	Micanopy	*******	12 20	5 20
N	8 45	8 45		Kirkwood			5 15
	8 60	3 55		Clyatt		12 10	5 10
	9 08	4 15		Wacahoota		12 (0	4 55
	9 15	4 40	1000000	Rocky Point		11 48	4 40
	9 45 Ar	5 00	Topic rec		****	12 30	4 10
	11 00 Lv	6 15 Lv	The second second		9 20	10 10 Ar	8 00
	11 85	6 40	6 58 7 05	Bellamy	8 86	9 40	2 30
•	12 20	7 08	7 12	Cyril	8 40	9 80	1 50
	12 40	7 15 Ar	1 2 2		8 82	9 10	1 8C
	10 10	9 50	10 80	Palatka, &. 8. & F	5 50 p	22	1 10
				The same and the s	0 00 p	0 00	*******
١	*******	8 48	8 45	Lake City, G. S. & F	7 04 p	7 43	10000
1			8 10 p	Tallahassee, S. A. L	1 48 p		*****
		11 08	11 00 a	Valdosta, G. S. & F		8 20	*****
		8 55 a	4 20 p	Macon, G. S. & F	11 30 a	12 40 a	******
	4 0 D 10	7 81 B	7 55 p	Atlanta, C, of Ga	7 80 a	9 00	******
	AP P M	Ar A M	VI LW		LVAM	LvPM	******
					1		

\* Trains 3 and 4 do not run between Gainesville and Fairfield on Sunday.

L. E. BARKER, General Superintendent. nt. J. D. WATKINS, General Agent. J. F. HILL, Agent.

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Daily	mediate Points	Daily	
12:18 p m	Ocala, Leesburg and Tampa, and	3 :40 p m	
Daily	Intermediate Points	Daily	
2:00 p m	Palatka, Jacksonville,	1:85 pm	
Daily	North, East and West	Daily	
12:05 p m	High Springs, Wayerose, Savannah, Brunswick,	8:15 pm	
Daily	Albany, Atlanta, all Points North, East West	Daily	
8:15 p m Daily	Rochelle, Micanopy and Citra	9:55 a m Daily	
8:50 a m Daily ex.Monday	High Springs	7:20 p m Daily ex. Sunday	

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# SOUTHERN RAILWAY.

Effective April 10, 1905.

2 Vestibule Trains	East No	0. 84	No. 20	North and West.	No. 18
Ly Jacksonville	So. Ry	9 20a		Lv Jacksonville, Fls So. Ry.	7 45p
Lv Jesup	So. Ry	11 544		Lv Jesup, Ga	10 80p
Lv Savannah	So. Ry	1 30p		Ar Macon, Ga So. Ry.	8 00a
Ar Columbia		6 55p		Ar Atlanta, Ga So. Ry.	
Ar Charlotte		10 06p 12 56s	9 55a 12 51p	Ar Rome, Ga So. Ry.	7 80a
Ar Danville	So. Ru	2 06a	2 10p	Ar Dalton, Ga	5 25a
		and the local division in the local division	THE PERSON NAMED IN	Ar Lexington, Ky Q. & O.	9 45a 5 20p
Ar Richmond	THE REAL PROPERTY.	6 58a	6 429	Ar Cincinnati, O Q & C.	7 40p
Ar Lynchburg			4 20p	Ly Cincinnati, O Big Four	
Ar Charlottesville		6 02a	6 10p	Ar Chicago, Ill Big Four	8 40p
Ar Washington	BO. Ry	9 45a	9 80p	Ly Cincinnati, OPa Lines	7 10a
Ar W. Ph'del'ia P		1 45p	2 85a	Ar Chieren III	
Ar New York I		4 13p	6 304	Ar Chicago, Ill Pa Lines	7 10a
Al New Tork	. 20 . 20	A rob	0 000	Ly Cincinnati, O C. H. & D.	8 45p
No. 34-"New Y				Ar Chicago, Ili Monon	7 28a
press." Daily Pul				Lv Cincinnati, O C. H. & D.	9 45p
Sleeping Car Port	Tampa	and Ja	ckson-	Ar Toledo, O C. H. & D. Ar Detroit, Mich. P. M.	5 20a
ville to New York	5			Ar Lessons, 20:000 P. M.	7 26e
No. 80"Wash	ngton	and I	Florida	Ly Cincinnati, O Pa Lines	8 30p
Limited." Daily	Pullm	an D	rawing	Ar Pittsburg, Pa Pa Lines	5 55%
Room Sleeping	Dar Jac	preona	ille to	Le Cineinnati, C Big Four	9 80p
New York.			and the same	Ar Cleveland, O Big Four	6 45m
				Lv Lenington, Ky So. Ry. Ar Louisville, Ky So. Ry.	& 80p
Through "The Las	d of the	Sky"	No. 30	Ar Louisville, Ky So. Ry.	8 100
Ly Jacksonville, F	la 6	la Re	7 56p	AT CO. LOUIS, MO DO. Ry.	7 83a
Le Savanuah, Ga		to Re	12 15a	Ar Anniston, Ala So. Ey.	2 40a
Ar Columbia, 8. C		So. Ry	6 00a	Ar Birmingham, Ala So. Ry.	11 45a
Ar Asheville, N. O.			1 50p	Ar Memphia, Tenn Friaco	8 06p
Ar Hot Springs, N	. C t	ia. Ry	1 50p 2 87p	Ar Kansas City, Mo Frisco	9 400
Ar Knozville, Ten	1	lo. Ry	6 000	Memphie, Tenn	8 30p
Ar Louisville		e. By	8 50a	am conses, Art.	9 204
Ar St. Louis			1 050	No. 18-"The Florida Lim	ited."
Ar Cincinnati	AT S CALL	at U.	a roe	Daily. Solid vostibule train, th	rough

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